

Introduction to Session 6

Session 6 -- “Commencement and Welcome to a Brighter Future” -- is the final session of SEPA. Participants will review Sessions 1–5, discuss how to share what was learned during SEPA, and pledge to commit to a healthy community.

The agenda for Session 6 is found on the following page. The session lasts about two hours and there is a note in the guide that indicates the halfway point for the session.

After the agenda, we list the materials, supplies, and equipment you need for Session 6.

We also provide the core elements and associated activities that apply to Session 6 to emphasize the importance of maintaining fidelity to core elements by not eliminating related discussions and activities.

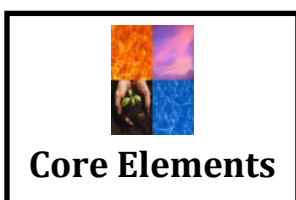
Session 6: Commencement and Welcome to a Brighter Future Agenda

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Equipment, Supplies, and Materials for Session 6

- ☐ Facilitators Guide
- ☐ Participant Workbooks
- ☐ CD of Session 6 PowerPoint slides
- ☐ LCD projector
- ☐ Laptop computer
- ☐ Screen
- ☐ Podium
- ☐ Newsprint
- ☐ Easel stand
- ☐ Paper
- ☐ Markers
- ☐ Pens and pencils
- ☐ Nametags
- ☐ Copies of Thank You notes, with some already prepared (see Participant Workbook)
- ☐ Certificates of Completion (should be created prior to Session 6)

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CORE ELEMENT	ACTIVITIES
<p>Core Element 1: Provide culturally and linguistically appropriate information to sexually active women at risk of acquiring HIV from unprotected sex with male partners in interactive, small group sessions that focus on</p> <ul style="list-style-type: none">• HIV and STD transmission and prevention;• human sexuality and male and female anatomy;• interpersonal communications; and• relationship violence.	<p><u>Discussions</u></p> <ul style="list-style-type: none">• Session reviews• Sharing what we have learned
<p>Core Element 3: Build self-efficacy and knowledge for safer sex behaviors, improved communication with partners, and violence management through homework exercises and the sharing of personal experiences.</p>	<p><u>Homework</u></p> <ul style="list-style-type: none">• Homework review
<p>Core Element 6: Ask participants to write thank you notes to fellow participants and pledge their commitment to community health during the final session. During Session 6, present a certificate to each participant who attends at least half of the sessions.</p>	<p><u>Group Activities</u></p> <ul style="list-style-type: none">• Thank-you notes• Presentation of certificates• Pledge of commitment to a healthier community

SESSION 6: COMMENCEMENT AND WELCOME TO A BRIGHTER FUTURE

WELCOME PARTICIPANTS



Discussion



Purpose: To welcome participants back, review Session 5 homework, and introduce Session 6



Needed Equipment, Supplies, and Materials: Session 6 slide 1, Participant Workbooks



Time: 10 minutes

Welcome participants back and encourage them to talk to each other before you officially begin the session.

Welcome back! It's graduation day. We like to say "commencement" because commencement means "start." Even though today is our last session together, it is the start of a brighter future for you, your family, and your community. I sincerely believe this because you have learned so much about ways to protect your health by preventing HIV and infection from other sexually transmitted diseases. You have learned the importance of getting an HIV test, of using a male or female condom, how to communicate more effectively with your partners and other people, and how to help protect yourself in the event of intimate partner violence. Most importantly, I hope you feel more confident

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about protecting your health, your family and your community. I am so proud of you and I will miss you.

Today we look back on what we have learned and renew our commitment to a healthier life and a healthier community.

If you have questions after today's session or want to talk, feel free to contact me at [name of agency]. We have other programs that may be of interest to you, such as [name programs]. And there are programs at other organizations in the community, such as [name programs]. If you want information for yourself or a friend or partner, just let me know.

Homework Review

Participants were asked to discuss the issue of relationship violence with another woman in their community and share what they learned from SEPA.

Let's spend a few minutes talking about your homework assignment.

Questions to prompt discussion:

- *Who did you talk to about relationship violence?*
- *What did you talk about?*
- *How did your friend respond to the conversation?*
- *What information did you provide that could help your friend?*

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Possible responses:

- My friend got angry because she thought I was accusing her partner of being violent.
- I talked about domestic violence and intimate partner violence and told her that she and her children should get help from a counselor or agency if they are ever the victims of violence.
- I explained that violence doesn't have to be physical, like hitting and shoving. I told her about emotional violence from threats and cursing and economic violence when your husband or partner controls all the money.



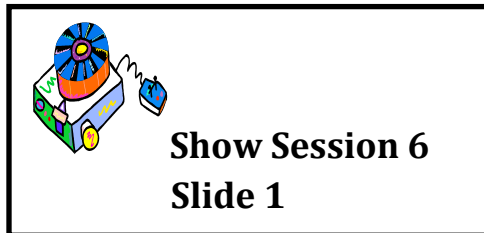
Facilitator's Note:

Thank the participants for completing their homework and sharing with the group.

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Session Objectives


Review session objectives with SEPA participants.



Session 6 Objectives

By the time we finish today, you will be able to:

- Name at least three ways HIV and other sexually transmitted diseases can be prevented
- Identify characteristics of healthy male and female relationships
- Contribute to a healthier community by sharing what you have learned from your participation in SEPA
- Celebrate what you have learned



SEPA Session 6: Commencement and Welcome to a Brighter Future

These are the objectives for Session 6. By the time we finish today, you will be able to:

- *Name at least three ways HIV and other sexually transmitted diseases can be prevented*
- *Identify characteristics of healthy male and female relationships*
- *Contribute to a healthier community by sharing what you have learned from your participation in SEPA*
- *Celebrate what you have learned*

SESSION REVIEWS



Discussion



Purpose: To review the key messages from Sessions 1–5



Needed Equipment, Supplies, and Materials: Slides 2–13



Time: 40 minutes

We have learned and shared a lot of very important information during our time together. Let's recall the names of Sessions 1 through 5.

- *Session 1: The Impact of HIV and AIDS on Our Community*
- *Session 2: HIV and AIDS, Other Sexually Transmitted Diseases, Human Anatomy, and Human Sexuality*
- *Session 3: How To Prevent HIV and Other Sexually Transmitted Diseases*
- *Session 4: Ways To Improve Communication With Our Partners*
- *Session 5: Relationship Violence, HIV Risk, and Safety Measures*

Let's review key messages from each of the sessions. This will help us remember major points in HIV prevention and will help us see how the issues we discussed fit together to help us build healthier lives and communities.

Session 1 Review

Session 1 was our introduction to HIV prevention. During this session we watched the video “Mi Hermano” about HIV’s impact on a Latino family.

Question to prompt discussion:

- *Who wants to share how “Mi Hermano” influenced your thinking about HIV and AIDS?*

Possible responses:

- It made me think that HIV can have a great impact on a family and hurt a lot of people.
- It made me wonder about people — they could be infected and no one would know it.
- I now know that I better get an HIV test before I decide to have a baby.

Question to prompt discussion:

- *During Session 1 we also discussed HIV testing and the importance of knowing your HIV status and the status of your sex partners . If you wanted to get tested, where would you go?*

Possible responses:

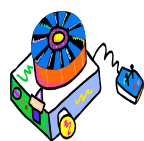
- My doctor
- The local health department’s testing sites



Facilitator's Note:

Feel free to be creative with reviews of key messages. You could ask participants to volunteer to read them. You could ask participants to pair off and read the key messages to each other.

Let's review the key messages from Session 1.



Show Session 6 Slides 2

Session 1 Key Messages

- HIV stands for Human Immunodeficiency Virus. HIV causes AIDS — Acquired Immune Deficiency Syndrome.
- Being HIV positive, or living with HIV disease, is not the same as having AIDS. HIV disease advances to AIDS when the immune system of an infected person is seriously damaged.
- Of all the cumulative AIDS cases reported to CDC through 2007, Hispanics/Latinos accounted for 19% of the total number of cases and 19% of the total number of AIDS cases among women.



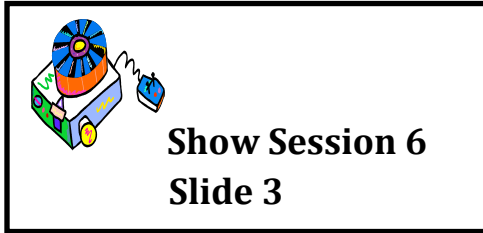
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2

HIV stands for Human Immunodeficiency Virus. HIV is the virus that causes AIDS, which is an abbreviation for Acquired Immune Deficiency Syndrome.


Being HIV positive, or living with HIV disease, is not the same as having AIDS. HIV disease advances to AIDS when the immune system of an infected person is seriously damaged.

Of all the cumulative AIDS cases reported to CDC through 2007, Hispanics/Latinos accounted for 19 percent of the total number of cases and 19 percent of the total number of AIDS cases among women.



Session 1 Key Messages

- For adult and adolescent Latinas, heterosexual contact accounts for the largest proportion of AIDS cases.
- A woman is significantly more likely than a man to get infected with HIV during vaginal intercourse.
- Injection drug use is the second leading cause of HIV infection among U.S. Latinas.
- HIV can be transmitted from an infected person to someone who is not infected through blood (including menstrual blood), semen, vaginal secretions, and breast milk.



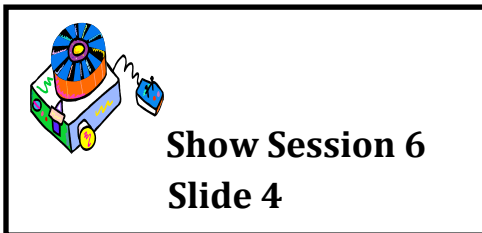
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Session 1 Key Messages

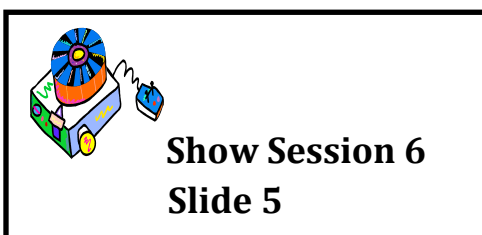
- Blood contains the highest concentration of HIV, followed by semen and vaginal fluids.
- The most common ways to get infected with HIV are unprotected sexual intercourse with an infected partner and injecting drugs with equipment used by someone who is infected.

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Session 1 Key Messages

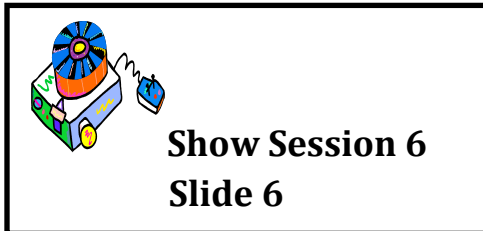
- All pregnant women should get tested for HIV. A woman living with HIV can transmit the virus to her baby during pregnancy, labor, and delivery (perinatal transmission), and through breastfeeding.
- Antiretroviral therapy during pregnancy can greatly reduce perinatal transmission — the transmission of HIV to the baby.

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All pregnant women should get tested for HIV. A woman living with HIV can transmit the virus to her baby during pregnancy, labor, and delivery (perinatal transmission), and through breastfeeding.

Antiretroviral therapy during pregnancy can greatly reduce perinatal transmission — the transmission of HIV to the baby.



Session 1 Key Messages

- There are tests that can detect HIV, including rapid tests that use blood or oral fluid to look for HIV antibodies.
- HIV tests are available from your doctor, and confidential tests are available from your local health department.
- Information about HIV testing sites is available from CDC at 1-800-232-4636 and www.hivtest.org.
- There is currently no cure for HIV or AIDS, but HIV medications can help infected persons stay healthy for many years.
- We can protect ourselves from HIV by choosing safer behaviors.



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HIV tests are available from your doctor, and confidential tests are available from your local health department.

Information about HIV testing locations is available from the CDC at 1-800-232-4636 and at www.hivtest.org.

There is currently no cure for HIV or AIDS, but HIV medications can help infected persons stay healthy for many years.

We are at risk of getting HIV because of what we do. We can protect ourselves from HIV by choosing safer behaviors.

Are there any questions about the material in Session 1?

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Session 2 Review

Session 2 was devoted to HIV, STDs, human anatomy, and human sexuality.

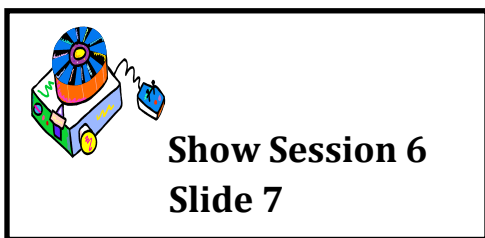
Questions to prompt discussion:

- *Who remembers the homework from Session 2? What was it?*
- *What is the most interesting thing you learned from Session 2?*
- *Has anyone talked to a partner or friend about something you learned from Session 2?*
- *If a girlfriend told you she was worried about having an STD, what would you say to her?*

Possible responses:


- Go to an STD clinic.
- See your doctor.
- Call the STD hotline.

Let's review the key messages from Session 2.



Session 2 Key Messages

- You can be infected with an STD and have no symptoms.
- It can take years for symptoms of some STDs to develop.
- Having an STD raises the risk of contracting HIV infection.
- You can get an STD test from your health care provider, local health department's STD clinic, or go to www.hivtest.org for a list of local testing centers.
- The National STD-CDC Hotline: 1-800-232.4636.



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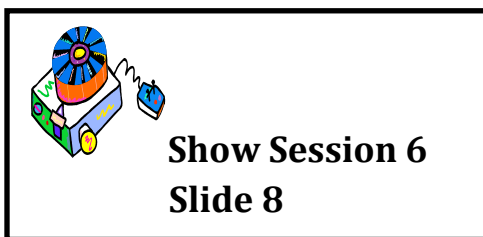
You can be infected with an STD and have no symptoms.

It can take years for symptoms of some STDs to develop.

Having an STD raises the risk of contracting HIV infection.


You can get an STD test from your health care provider, local health department's STD clinic or go to www.hivtest.org for a list of local testing centers.

To reach the National STD-CDC Hotline, call 1-800-232-4636.



Session 2 Key Messages

- There is no cure for some STDs, such as HPV -- Human Papillomavirus.
- Many STDs that can't be cured can be treated, such as genital herpes. However, there are vaccines available that prevent hepatitis B and HPV.
- If you have an STD, you and your partner should both be treated.
- To reduce the risk of getting an STD, your partner should wear latex condoms.

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There is no cure for some STDs, such as HPV.

Many STDs that can't be cured can be treated, such as genital herpes. However, there are vaccines available that prevent hepatitis B and HPV.

If you have an STD, you and your partner should both be treated.

To reduce the risk of getting an STD, your partner should wear latex condoms.

Does anyone have questions about Session 2?

Session 3 Review

In Session 3, we spent a lot of time talking about prevention.

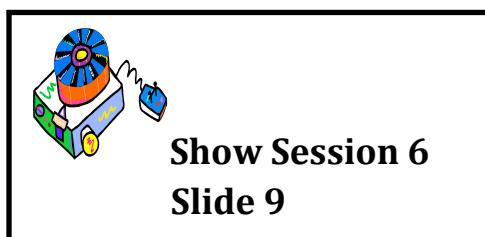
Questions to prompt discussion:

- *Who can tell us the ABCs of HIV prevention?*
(Answer: abstinence, be faithful to a partner who is faithful to you, use condoms correctly and consistently)
- *What is perinatal prevention? Who can provide two ways to help prevent your unborn baby from getting HIV?*

Possible responses:


- Perinatal prevention is preventing your unborn baby from getting HIV.
- Get tested for HIV before you get pregnant.
- Get tested for HIV and STDs when you find out you're pregnant.
- If a pregnant woman is infected with HIV, she should receive treatment to prevent the virus from infecting her baby.

Here are the key messages from Session 3.



Session 3 Key Messages

- There are three ways to protect yourself from sexually acquired HIV and other sexually acquired STDs:
 1. Abstinence from sex
 2. Mutual fidelity to one partner who you know is free of infection
 3. Correct and consistent use of condoms
- Abstinence from sex is the only foolproof way to prevent sexually acquired HIV.
- You can protect your health by refusing to have unprotected sex until you know your partner is not infected with an STD, including HIV.

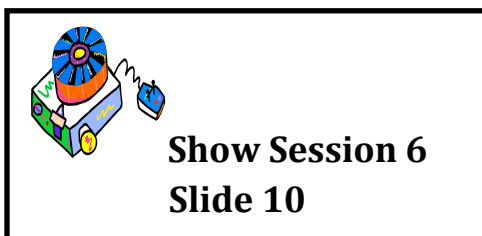
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There are three ways to protect yourself from sexually acquired HIV and other sexually acquired STDs: abstinence from sex, mutual fidelity to one partner who you know for sure is free of infection, and correct and consistent use of condoms.

Abstinence from sex is the only foolproof way to prevent sexually acquired HIV.

You can protect your health by refusing to have unprotected sex until you know your partner is not infected with an STD, including HIV.



Session 3 Key Messages

- Correct and consistent use of male or female condoms is an effective way to prevent HIV, and many other STDs. Condoms also prevent unwanted pregnancy.
- Check the expiration date on the condom package.
- Use only water-based lubricants on male latex condoms.
- Never use the same condom more than one time.

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Correct and consistent use of latex male condoms or the female condom is an effective way to prevent HIV, and many other STDs. Condoms also prevent unwanted pregnancy.

Check the expiration date on the condom package.

Use only water-based lubricants on male latex condoms.

Never use the same condom more than once.

During Session 3, we learned how to use both the male condom and the female condom. I'm sure there are many women who do not have these valuable skills.

Question to prompt discussion:

- *Why is it important to know how to correctly use condoms?*

Possible responses:

- If condoms aren't used the right way, they may not work.
- If you put the female condom in the wrong way, it's like not using a condom at all.

Question to prompt discussion:

- *Has anyone used the female condom since we learned about them in Session 3? [If yes] What was it like?*
- *Did anyone talk to a partner about using condoms for HIV and STD prevention? [If yes] How did it go?*

Are there any questions or comments about Session 3?

Session 4 Review

During Session 4, we discussed the concept of self-esteem and the effect it can have on couples and their communication. We learned ways to improve communication with our partners and practiced assertive communication, which can help us express our thoughts and feelings. In addition, we enhanced our condom negotiation skills.

Questions to prompt discussion:

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- *Has anyone used assertive communication with someone? [If yes] Can you share your experience with the group?*
- *Has anyone been in a situation where you negotiated using condoms with a sex partner? [If yes] Can you tell us how it went?*



Facilitator's Note:

Participants may provide an inappropriate response. Be prepared to provide examples of assertive communication using “I” statements.



Show Session 6 Slide 11

Session 4 Key Messages

- Couples in healthy relationships respect and trust each other and communicate about important topics, like protecting their health and not getting STDs and HIV.
- When you use assertive communication, you listen to the other person and respond in a confident way to express how you feel and what you think.
- When you make the decision to use condoms and when you use assertive communication, condom negotiation will be much easier.



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Let's review the key messages from Session 4.

Couples in healthy relationships respect and trust each other and communicate about important topics, like protecting their health and not getting STDs and HIV.

When you use assertive communication, you listen to the other person and respond in a confident way to express how you feel and what you think.

There are many reasons to talk to your partners about condoms. When you make the decision to use condoms with partners and when you use assertive communication, condom negotiation will be much easier.

Is there anything you want to say about Session 4? Are there any questions?

Session 5 Review

Session 5 explored relationship violence. We discussed domestic violence and intimate partner violence and how they affect a woman's risk of getting infected with HIV. We also learned about action planning and safety measures.

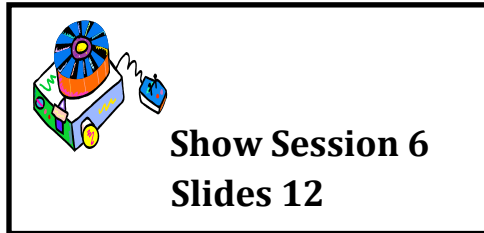
Questions to prompt discussion:

- *Session 5 was our most recent session. Does anyone want to share her reactions to the material we covered on relationship violence?*
- *Who can name at least two safety measures that can be used by a woman who lives with an abusive partner?*

Possible responses:

- Make an action plan that includes an escape route from the apartment or house.
- Memorize emergency and family telephone numbers.
- Prepare an emergency suitcase with important papers, medicines, and money.
- Locate a safe place where you and your children can go.


Let's review the key messages from Session 5.



Session 5 Key Messages

- Violent relationships are not healthy relationships and they make it very difficult for women to negotiate condom use.
- Domestic violence negatively affects the physical and mental health of all members of the family.
- Intimate partner violence usually occurs in a cycle of three phases:
 - tension building phase
 - explosive phase
 - honeymoon phase

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Violent relationships are not healthy relationships and they make it very difficult for women to negotiate condom use and to protect their health in general.

Domestic violence negatively affects the physical and mental health of all members of the family.


Intimate partner violence usually occurs in a cycle of three phases: the tension building phase, the explosive phase, and the honeymoon phase.



Session 5 Key Messages

- Due in part to the cyclical nature of intimate partner violence and other considerations, such as economic dependence and fear, some women find it hard to leave their partners.
- Women who are victims of intimate partner violence can take measures to protect their safety and the safety of their children by designing a plan of action, reporting abuse to the police, and using community resources for victims of intimate partner violence.

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Due in part to the cyclical nature of intimate partner violence and other considerations, such as economic dependence and fear, some women find it hard to leave their partners.

Women who are victims of intimate partner violence can take measures to protect their safety and the safety of their children by designing a plan of action, reporting abuse to the police, and using community resources for victims of intimate partner violence.

Are there any questions about Session 5?



Facilitator's Note:

At this point you should be halfway through implementation of Session 6.

Right now we are about halfway through Session 6. Are there any questions?

Would anyone like to share her thoughts about what we have learned?

SHARING WHAT WE HAVE LEARNED



Discussion



Purpose: To brainstorm strategies for sharing HIV- and STD-prevention messages with the community



Needed Equipment, Supplies, and Materials: Participant Workbooks



Time: 25 minutes

Encouraging participants to share HIV prevention messages with members of the community is an essential part of SEPA. As a matter of fact, the homework assignments that ask participants to share lessons learned with friends, family, partners, and neighbors reflect a core element of the intervention. The following discussion will help participants think of strategies to share prevention messages with other persons.

Ask participants to turn to “Session 6, Worksheet 1: Ways I Can Help Prevent HIV and AIDS in my Community” in their workbooks.

One of the most important messages from SEPA is to share our new knowledge with people around us.

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Using the “Session 6, Worksheet 1: Ways I Can Help Prevent HIV and AIDS in my Community” worksheet, think about strategies for sharing messages about HIV and STD prevention with friends from work or your neighborhood, family members, new boyfriends, or current partners. Develop a brief action plan for how you will implement your strategies. After about 10 minutes, you can share your ideas with the rest of the group.

Let’s look at the example in your workbook.

Questions to prompt discussion:

- Tell us your strategy for communicating HIV prevention messages with friends. Do your friends include men as well as women?*
- What challenges might come up when you start sharing HIV and STD prevention messages? What can you do to overcome these challenges?*

Possible responses:

- My friends and female family members may say they’re not interested in the conversation.
- Other people may be embarrassed to talk about sexual issues.
- Some people may think it’s none of my business to talk to them about HIV prevention.
- I can try to overcome these challenges by talking about SEPA and how great it was.
- I can overcome challenges by using assertive communication — by saying this is important to me and asking my friend to please listen for a few minutes.

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Question to prompt discussion:

- *Besides friends and neighbors and family and coworkers, who else should hear HIV and STD messages?*

Possible responses:

- Students in middle and high school
- The men who hang out in bars and billiard halls
- The women who walk the streets trying to get money for drugs
- Men who come to our area to work and then go back to their native countries

PLEDGE OF COMMITMENT TO A HEALTHIER COMMUNITY



Group Activity



Purpose: To commit to share knowledge with community members



Time: 5 minutes

At the completion of the “Sharing What We Have Learned” discussion, ask participants to make the commitment to share their knowledge with community members.

Now I would like you to commit to your action plans by pledging aloud:

“I commit that during this year I will do my best to build a healthier self and community by sharing HIV and STD prevention messages with members of the community.”

THANK YOU NOTES



Group Activity



Purpose: To thank fellow participants for their contribution to the group



Needed Equipment, Supplies, and Materials: Participant Workbooks, additional copies of thank you notes (see template on last page)



Time: 15 minutes

During the past six weeks, participants have been working together to learn about HIV and STD prevention. The following activity allows participants to thank each other for their contribution to the group.

Ask participants to turn to the thank you notes in their workbooks located after “*Session 6, Worksheet 1: Ways I Can Help Prevent HIV and AIDS in my Community.*”

Once again, I want to thank you for being a part of SEPA and helping us learn from each other. Before we adjourn, I want each one of you to name one thing you learned from SEPA that is really important to you.

I also want to mention that we will continue to have SEPA sessions here, and we welcome your help in recruiting women to join our group.

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Let's start with [person X]. What is one thing you learned from SEPA that is especially important or meaningful to you?

Thank you so much for your comments.

Hand out extra thank you note stationery.

Now we want to spend a few minutes thanking each other for their participation in SEPA. Using the thank you note worksheet in your workbook, write a note of gratitude to at least one of your fellow participants and put it on the table in front of me.

Here are some examples of what you can say.

"I am very glad that I got to meet you and spend time with you. Our discussions helped me learn about HIV prevention and realize I am not alone. By meeting you, I think I made a new friend."

"It was very nice to get to know you. I enjoyed our group discussions and learned from what you had to say. Thank you for being so open and sharing part of your life with us."



Facilitator's Note:

We want to make sure each woman who attends Session 6 receives a note of gratitude. If the notes put on the table in front of you do not include someone, have a few notes ready that you have already written. Address and sign them and then distribute all notes to participants.

Before we present certificates to those of you who attended at least half of the sessions, is there anything anyone wants to say?

PRESENTATION OF CERTIFICATES



Group Activity



Purpose: To honor participants who attended at least half of the sessions



Needed Equipment, Supplies, and Materials: Certificates



Time: 10 minutes

It's time to graduate. Honor all participants who attended three or more sessions.



Facilitator's Note:

Create certificates for each participant in advance of the day's session.

Check out these web sites for help on creating certificates:

<http://www.certificatecreator.com/>

<http://www.successcertificates.com/>

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I am very pleased to honor participants who have attended at least half of SEPA's sessions by presenting them with certificates. When I call your name, please come to the front of the room to receive your certificate.



Facilitator's Note:

To receive a graduation certificate, participants must attend at least three sessions. Some programs may schedule a make-up session for each of the six sessions to allow participants the opportunity to receive certificates. Because of the importance of full participation, provide special recognition to those participants who attended all the sessions. For example, you may want to provide gift cards or some other incentive.

Read the names of each participant while delivering her certificate. After all certificates have been distributed, give the participants a round of applause. Thank them again for their participation and wish them luck.

FINAL EVALUATION AND CLOSING



Time: 15 minutes



Evaluation

Refer participants to “Session 6, Worksheet 2: Final Evaluation” worksheet in their workbooks and ask them to complete it.

Say a final goodbye and encourage participants to remember their commitment to healthier lives and communities. Say that you will be here for a while if they have any questions or want more information about anything discussed during SEPA. Encourage participants to refer friends and family to SEPA.